



Veg Paratha Stuffings

BY
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DOUGH

WHEAT FLOUR	250 GRM
MAIDA	250 GRM
SALT	½ TSP
OIL	2 TO 3 TBSP
WATER	AS REQUIRED

MIX EVERYTHING AND MAKE DOUGH KNEAD FOR 5 TO 7 MIN, COVER AND KEEP FOR 30 MIN, USE IT FOR PARATHA

1) ALOO PARATHA

BOIL GRATED POTATOES	3
CHOPPED CORIANDER	2 TBSP
CHOPPED ONION	1
CHOPPED CHILLIES	2 O 3
GARAM MASALA	½ TSP
CUMIN POWDER	½ TSP
AMCHUR POWDER	½ TSP
CRUSH CORIANDER POWDER	½ TBSP
CORIANDER POWDER	½ TBSP
AZWAIN	½ TP
GRATED GINGER	1 TSP

2) MULI PARATHA

GRATED RADDISH	2
CHOPPED GINGER-	½ TBSP
SALT	
GREEN CHILLIES	4 TO 5
TURMERIC	¼ TSP
CHOPPED CORIANDER	2 TBSP
AMCHUR POWDER	½ TSP
RED CHILLI POWDER	1 TSP
AJWAIN	½ TSP
CHOPPED ONION	1
AMCHUR POWDER	1 TSP
KASURI	1 TSP
JEERA POWDER	½ TSP
CORIANDER POWDER	½ TBSP

3) PANEER PARATHA

GRATED PANEER	250 GM
GRATED CHEESE	2 TBSP
CHOPPED ONION	1
AJWAIN	½ TSP
KASURI	1 TSP
CHAT MASALA	½ TSP
CHOPPED CHILLIES	2 TO 3
CHOPPED CORIANDER	2 TBSP
CORIANDER POWDER	½ TBSP
AMCHUR POWDER	½ TSP
GARAM MASALA	½ TSP

4) PALAK PARATHA

CHOPPED PALAK	2CUP
GREEN CHILLIES	4 TO 5
GRATED CHEESE	3 TBSP
CHOPPED ONION	1
GRATED PANEER	1 CUP
GRATED GINGER	½ TBSP
RED CHILLI POWDER	1 TSP
SALT	
CUMIN POWDER	½ TSP
AMCHUR POWDER	½ TSP
GARAM MASALA	½ TSP
PEPPER POWDER	½ TSP
KASURI	1 TSP
CHOPPED GARLIC	1TBSP

5) ITALIAN CHEESE PARATHA

CHOPPED ONION	1
DESEEDED CHOPPED TOMATOES	2
GREEN CHILLIES	4
CHOPPED CORIANDER	2 TBSP
GRATED GINGER	1 TSP
CHOPPED GARLIC	1 TBSP
AZWAIN	½ TSP
OIL	1 TBSP
PIZZA SEASONING	½ TBSP
MIX HERBS	1 TSP
RED CHILLI FLAKS	1 TSP
SALT	

6) ONION PARATHA

CHOPPED AND STRAIN WATER	3
CHOPPED CORIANDER	1/3 CUP
CHOPPED CHILLIES	4 TO 5
CHOPPED GINGER	½ TBSP
CORIANDER POWDER	½ TBSP
CUMIN POWDER	½ TSP
RED CHILLI POWDER	1 TSP
AMCHUR POWDER	½ TSP
AZWAIN	½ TSP
KASURI METHI	1 TSP

7) ROYAL MUGHLAI PARATHA

BOIL POTATOES	2
CHOPPED ONION	1
GREEN CHILLIES	3 TO 4
CHOPPED CORIANDER	¼ CUP
GRATED PANEER	1CUP
SALT	
CUMIN POWDER	½ TSP
CHOPPED GARLIC	1 TBSP
GINGER	½ TBSP
AROMAT POWDER	1 TSP
AMCHUR POWDER	1 TSP
CHILLY FLAKES	½ TSP
CRUSH CORIANDER	½ TBSP
FRIED ONION	2 TBSP

8) CORN PARATHA

BOIL CORN CRUSHED COARSELY	1 ½ CUP
CHOPPED CHILLIES	4
CHOPPED ONION	1
CHOPPED CORIANDER	2 TO 3 TBSP
GRATED GINGER	½ TBSP
RED CHILLI POWDER	1 TSP
TURMERIC	¼ TSP
CORIANDER POWDER	½ TBSP
CUMIN POWDER	¼ TSP
AMCHUR POWDER	1 TSP
TURMERIC	¼ TSP
GARAM MASALA	½ TSP
AZWAIN	½ TSP

9) GOBI PARATHA

GRATED CAULIFLOWER	500 GRM
GREEN CHILLIES	4 TO 5
CHOPPED CORIANDER	2 TO 3 TBSP
CHOPPED ONION	
GRATED GINGER	½ TBSP
CHOPPED GARLIC	1 TBSP
TURMERIC	¼ TSP
OIL	1 /2 TBSP
RED CHILLI POWDER	1 TSP
CUMIN PPWDER	½ TSP
CORIANDER POWDER	1 TBSP
KASURI	1 TSP
SALT	
AMCHUR POWDER	½ TSP
AZWAIN	½ TSP

10) PATTI GOBI PARATHA

FINE CHOPPED PATTI GOBI	250 GRM
GREEN CHILLIES	4 TO 5
CHOPPED ONION	1
CHOPPED CORIANDER	1 TO 2 TBSP
OIL	½ TBSP
HING	PINCH
GRATED GINGER	½ TBSP
CHOPPED GARLIC	1 TBSP
TURMERIC	¼ TSP
KASURI	1 TSP
CORIANDER POWDER	1 TBSP
AMCHUR POWDER	½ TSP
RED CHILLI POWDER	1 TSP
CUMIN POWDER	½ TSP
GARAM MASALA	½ TSP
AMCHUR POWDER	1/2TSP
AZWAIN	½ TSP

11) PEAS PARATHA

PEAS	2CUP
AZWAIN	1/2 TSP
CUMIN	1/2 TSP
GREEN CHILLIES	4
CHOPPED ONION	1
CHOPPED CORIANDER	2 TBSP
CHOPPED GARLIC	1 TBSP
CHOPPED GINGER	½ TBSP
SALT	
AMCHUR POWDER	1 TSP
RED CHILLI POWDER	1 TSP
TURMERIC	¼ TSP
CORIANDER POWDER	½ TBSP
CUMIN POWDER	½ TSP
GARAM MASALA	½ TSP
KASURI METHI	1 TSP

12) METHI PARATHA

CHOPPED METHI	2CUP
BOILED POTATO	1
GRATED CHEESE	2 TBSP
CHOPPED GARLIC	1 TBSP
KASURI	1 TSP
AMCHUR POWDER	1 TSP
PEPPER POWDER	1 TSP
CHOPPED CHILLIES	4 TO 5
CHOPPED ONION	1
CUMIN	½ TSP
OIL	
CUMIN POWDER	½ TSP
CORIANDER POWDER	½ TBSP
AZWAIN	½ TSP

METHOD

MAKE THE STUFFING

COOK UNTIL SLIGHTLY SOFT.OR KEEP IT WITHOUT COOKING FOR MORE CRUNCHIER.

ASSEMBLE THE PARATHA

- **DIVIDE THE DOUGH INTO EQUAL-SIZED BALLS.**
- **ROLL OUT ONE BALL INTO A SMALL CIRCLE.**
- **PLACE 2TO 3 TBSP OF THE COOLED MIXTURE IN THE CENTER.**
- **BRING THE EDGES TOGETHER AND SEAL.**
- **FLATTEN GENTLY AND ROLL AGAIN INTO A CIRCLE.**

COOK THE PARATHA

- **HEAT A TAWA OVER MEDIUM FLAME. PLACE THE ROLLED PARATHA ON IT AND COOK FOR 40 TO 50 SECONDS.**
- **FLIP, APPLY A LITTLE GHEE OR OIL, AND COOK UNTIL GOLDEN BROWN ON BOTH SIDES.**
- **FOR EXTRA CRISPINESS, COOK WITH GHEE INSTEAD OF OIL.**
- **REPEAT FOR THE REMAINING PARATHAS.**
- **SERVE HOT WITH**
- **FRESH CURD, RAITA, ACHAR OR BUTTER.**